



THE OBSERVER

Volume 137
May, 2016

President's Message

As we head into summer, let me be the first to say HAPPY SUMMER 2016!

This is the year that TMAA elects our new secretary, treasurer, and vice president. These board positions will be for 2 years. So what's in it for YOU? Why would you consider a position on the TMAA board?

I'm sure other board members will agree that citing elected service as an Officer on the Board of the Texas Medical Auditors Association on your resume is HUGE! I personally know of jobs obtained because of it. You will be highlighted in every newsletter, on our TMAA website, and in our membership roster.

You will also receive special discounts for your accommodations during our annual seminar. I can promise you that you will have a BLAST getting to know your fellow board members. These are some of the most awesome ladies that I've ever had the pleasure of learning from and sharing ideas with!

You'll likely be getting a call from our Nominations committee. But why wait for them to call you? Be PROACTIVE! Call me at [210-383-0455](tel:210-383-0455) and I will get your information to them, so we can all talk about how YOU would be of benefit to the organization as a board member and how being a board member could benefit YOU both personally and professionally.

As you know, this fall we will celebrate 30 years at our annual convention on the San Antonio Riverwalk! I have personally toured the hotel and you guys are going to love it! We have a lot of special surprises to come, so be sure and get in your registration in early.

Looking forward to our continued professional growth and partnerships!



Linda Hutchinson, RN, CMA



Want To Feel Good? Volunteer!

According to a March, 2015 Forbes Magazine article, research has confirmed that there are many benefits to doing volunteer work:

- Volunteering time makes you feel like you have more time.
- Volunteering your skills helps you develop new skills.
- Volunteering improves your health. The Corporation for National & Community Service noted: “Research demonstrates that volunteering leads to better health... [T]hose who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life.”
- Volunteering your experience helps build your experience.
- Volunteering your love makes you feel more love.

Last year, my employer began offering associates 8 paid hours to do volunteer work. To be very transparent, I did not get around to using my VTO (volunteer time off) last year.

Determined not to miss out on this benefit

again, I did 4 hours of VTO several weeks ago for an organization in San Antonio Ministry *He Cares*. What an eye-opening experience!

He Cares helps families of modest means that are struggling to provide for their children. The organization provides food, clothing, diapers, and other items like cribs, baby carriers, books and toys. I carried bags of groceries to the food pantry and helped re-stock the shelves. I bagged diapers by size, so that families could quickly find the ones that fit their babies. I hauled bags of donated clothing from one floor to another to make them more accessible for a mission team headed to Mexico. I assisted mothers trying to keep up with active toddlers by carrying groceries, diapers etc. to their cars. Whew! It was hard work, but I loved every minute of it. I felt blessed to help, if only for a few hours. And, you know what? I am going back to do another 4 hours, as the earliest opportunity!



**Shonna Macaulay, RN, BSN, CCM
TMAA Bylaws Committee Chairman**



What is NRF2?

I was asked recently by a coworker if I knew what NRF2 is. Like many, I had never heard of it. My friend proceeded to give me a quick tutorial on how our bodies are attacked by high levels of cytotoxic oxidants and free radicals that are toxins present in the environment.

We know this as oxidative stress which is believed to cause cellular aging in our bodies and is very damaging to our DNA, proteins, and our cells. This cellular damage and aging in turn is believed to be the cause of a myriad of unhealthy conditions. I could not believe how many diseases are related to oxidative stress cited in Pub Med, which comprises more than 26 million citations for biomedical literature from Medline. The conditions go from A to Z, digestive issues to inflammatory diseases to chronic pain conditions.

I had not really stopped to think about how our bodies are being bombarded by such awful toxins. My coworker then advised me how our bodies can usually fight these free radicals with Antioxidant enzymes. This is where the NRF2 protein comes in and plays

a vital role in fighting the free radicals and the effects of cell aging and deterioration.

The problem is that this protein lays dormant and must be activated so it can do its job as the “master regulator of the total antioxidant system.” There are many vitamins and natural substances that we can consume to help activate the NRF2. I found an article on line that describes this NRF2 in detail, it has been eye opening and I wanted to share it. I hope this information can be as beneficial to you as it has been to me.

http://www.nrf2.com/?utm_campaign=share_aholic&utm_medium=email_this&utm_source=email



Lupita Flores, RN
Nominations Committee



Are you ready for San Antonio?



Alzheimer's Disease: Defining Terms

ALZHEIMER'S DISEASE is a debilitating disease that destroys memory and thinking skills, which ultimately results in death of the patient. Alzheimer's disease is the most common cause of dementia affecting 13% of people over age 64, and nearly 50% of those over 85. It is estimated that 5.9 million North Americans are suffering from Alzheimer's. The cost of Alzheimer's to healthcare participants in society will be in excess of \$200 billion this year.

Despite this devastating impact, there is currently no known treatment to prevent, cure or delay progression. The current medications approved for Alzheimer's act either by increasing the presence and activity of a key neurotransmitter, acetylcholine, or by regulating glutamate, a chemical involved in learning and memory. Such medications only temporarily reduce symptoms for some patients, but don't change the underlying course of the disease. Additionally the Alzheimer's drugs are really effective for only about six to twelve months for about half of the patients who take them.

There is a new approach being investigated; deep brain stimulation of the fornix. It is studying the major inflow and output pathway in the brain's memory circuit that has been shown to be one of the first areas of the brain affected by Alzheimer's. The study is researching the use of deep brain stimulation of the fornix, a place in the brain that plays a central role in memory, in patients with Alzheimer's. This research is purely investigational in which an implanted device electrically stimulates the brain. Similar to a cardiac pacemaker. The device is implanted beneath the skin in the patient's chest and attached electrode wires deliver impulses directly to a specific area in the brain. Deep Brain Stimulation has been used successfully for the treatment of Parkinson's disease and Essential Tremor, Obsessive-Compulsive Disorder, Depression and Dystonia. The use of DBS in the fornix for Alzheimer's is investigational and not currently approved by the FDA.

Because there is such a lack of effective long-term treatments, researchers are working hard to find new and better future treatments for patients with Alzheimer's.

Mary Barrientos, RN
Education/Program Committee
Member



The San Antonio Riverwalk



Feeling Sick

Thankfully we're about over the FLU season, but I found this info to be REALLY interesting. It came out in in my Infectious Disease publication.

Feeling "sick," as I'm sure all of us know, affects multiple body systems including our immune system, endocrine system, and nervous system. (Continued next page)

Though the germ or virus that caused you to fall ill hopefully won't survive the illness, isolating itself from its social environment will reduce the overall rate of infection in the group. Some of the parts of the illness also act to protect us from sharing it.

For example, appetite loss prevents the disease from spreading through shared food or water resources. Fatigue and weakness decreases likelihood of the sick individual moving about and thus reduces the radius of possible infection. Other symptoms such as depression or lost interest in social and sexual contact also reduce opportunities for the germ or viral culprits to be shared. In addition, lack of personal grooming and

changes in body language also project an, "I'm sick! Don't come near!" message.

I never thought of this in this way!! Did you guys?

Bottom line was that staying home and in "isolation" is STILL the best way to prevent the spread of disease/viruses!



Linda Hutchinson, RN, CMAS
TMAA President



Website News

Tired, depressed, feeling a little low today? We all have bad days, and can't splurge on a massage/spa day every time one occurs. But I know of a quick cure—open up the TMAA website <http://www.tmaa.info> and look at the pictures on the rotation gallery.

Joyful memories of the last seminar and happy faces will put a smile back on your face in no time. So, get a free "pick me up" instead by chuckling out loud at yourself (Continued next page)

and your TMAA friends. We won't mind being laughed at! And, what a wonderful cost containment indulgent...can't get any better than FREE!!

Pictures are added throughout the year, so there will always be something new to see. Our new theme and color scheme will be present too as we prepare for the fall seminar and the Big 30th Anniversary.

So get in the mood, and make plans to attend. Updates will be posted on the website as they become available. We will mail brochures out in early July with all the details.



**Debbie Braddock,
Website Coordinator**



San Antonio is playing your song!

The Bite That Bites Back



Amblyomma americanum, or the lone star tick

Just when you think you've heard everything, CBS Evening News (<http://www.cbsnews.com/news/a-tick-bite-can-make-you-allergic-to-red-meat/>) reports an insect, named for Texas is causing meat allergies.

The Lone Star tick harbors a sugar that humans don't have, called alpha-gal. This sugar is also found in red meat, beef, pork, venison, rabbit and even some dairy products.

The allergic reaction response usually occurs 4-8 hours after eating red meat. It can produce severe allergic reactions like anaphylaxis. Spring and summer months are when we (and the ticks) are most active and when we need to be especially careful.



**Judie Spafford, RN, MSN
Nurse Planner**



The 2016 TMAA Conference

Our 2016 fall conference dates are set for September 22nd and 23rd, at Hotel Indigo in San Antonio. The hotel address is 830 N. St. Mary’s, San Antonio, TX, 78205.

TMAA has a block of rooms for Wednesday (9/21) and Thursday (9/22) at the rate of \$124/night + state and local taxes (currently at 16.75%).

We also negotiated for this rate to be extended to 2 days pre-conference and 2 days post-conference for those of you who would like to spend more time in San Antonio.

If you are staying outside the 2-day conference block, you must contact the hotel directly at 210-527-1900 to make your reservation. Be sure to provide them with group code: **TMA** to reserve your room.



If your reservation will be for arrival on 9/21, departing on 9/23, then you can also make your reservation online at

www.hotelindigo.com/sanantoniotx. You will need to enter the arrival/departure dates (9/21-9/23) and enter group code: **TMA**. Reservations must be made by August 21, 2016. After this date, reservations will be on a space and rate available basis. There is complimentary Wi-Fi throughout the hotel and a 24/7 health and fitness center.



Parking at the hotel will be \$6/day, which is great compared to the many hotels that were being considered. The hotel does not provide shuttle service from the San Antonio Airport but there are shuttle buses that run throughout the day to local hotels.

More information and cost to come so be sure to read your TMAA Observer every month!

In celebration of our 30th anniversary, dinner will be provided on Thursday evening at the hotel. We would like for our “old” members (and I don’t mean age!!) to come and join us for an evening of good food, good fun, and good conversation.



(Continued next page)

If you have any questions, please feel free to contact me at dmoore1010@sbcglobal.net.



Debra Moore, RN, CMAS
Event Coordinator



San Antonio Riverwalk Boat Tour

Treasurer's Desk



Greetings to all TMAA members from your apparently absent Treasurer!

I apologize for my invisibility, but I have continued to do my job to the best of my ability, with the fantastic help from the other board members.

I am home from my latest skilled nursing/rehab stay and I can tell you the organization remains strong financially. The

board members have all striven for an organization that is strong and gives the TMAA members the most bang for their buck.

The planning is proceeding for a fantastic 30th year anniversary seminar. I am hopeful that you all will attend and, please, inviting colleagues to come experience what a great organization TMAA has become, and how they might benefit from joining.

Happy Mother's Day to all the mothers and Grandmothers out there!!

Thank you to all the TMAA members, especially board members, for all their support.



Linda Hempfling, RN CMAS
Treasurer



Program Posts

Judie Spafford reports: We have lined up all our speakers for our conference and now are in process of all the details of obtaining CEU's. Stay tuned for more to come.



Strategies For Professional Development In Nursing

Development is first and foremost the responsibility of each nurse. However, a good leader can support and facilitate the process. There are several different tools in the kit that can be used to help nurse map out a professional development plan.

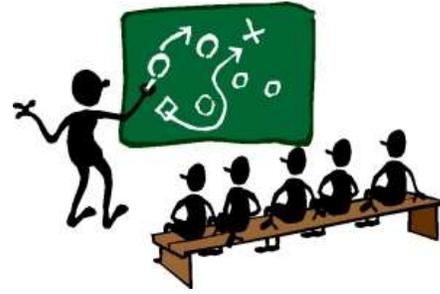
On-the-job Opportunities



Stretch assignments occur when a nurse is given responsibility for a project or task that will require them to exert more effort, and push themselves, beyond what is usually required in order to complete the project.

They may be called on to work with a team, to reach out to other departments, to research options, and put together a plan. Whatever the stretch assignment, it should be something that the nurse has the skill and capability of completing. The idea is for them to sharpen and develop their skills, not set them up for failure.

Coaching



Inevitably, each team has members who excel at certain tasks. Helping others succeed by coaching them on best practices and techniques is an ideal way for a high performer to contribute to the team and enhance their visibility.

Mentoring



Mentoring involves a relationship in which a more experienced or knowledgeable person facilitates the development of someone less experienced. It is usually a less formal approach than coaching, and it is more personal.

Job Shadowing



(Continued next page)

Job shadowing provides an opportunity for a nurse to spend time observing someone in a role different from their own. The purpose may be for the shadowee to gain a great understanding of, and appreciation for, the contributions of the associate they are shadowing. In other cases, the experience may afford an opportunity to determine whether the role being observed is a desirable career move.

Educational Opportunities



Learning may take place in the classroom, virtually, via computer-based learning modules, from reading books or other publications. Professional conferences and seminars are another way to stay current on the latest trends and developments in the health care industry.

Professional associations are also a great venue for development. They may offer special speakers, continuing education programs and networking opportunities. After completion of a developmental opportunity, the leader and nurse should evaluate the outcome and discuss next steps for the nurse's individual career development plan.

- What did you learn and what was most impactful?
- Why was it impactful?
- How can you use the new information/skills in your current role?

Did this developmental tool help you reach a professional goal?



Shonna Macaulay, RN, BSN, CCM
TMAA Bylaws Committee Chairman



Pan Dulce (sweet bread) at *Mi Tierra*

Audit Break



The Men Who Fell To Earth

I was a child of the '80s and a MTV devotee. Prince and David Bowie were two of my all time favorite musicians. When it was announced that David Bowie had passed I was heartbroken.



David Bowie and his music were a constant

in my life for over 30 years. His style exemplified individuality and he imbued the importance of being an individual to the kids who didn't fit in. And, he was super cool doing it.

The Man Who Fell To Earth was a guide for kids around the world. Often on the fringe, some were athletes or cheerleaders, some were brains and some were dropouts. But we were all just a little different from whatever group we found ourselves in. Bowie was extraordinarily different. His music, glamor, and style not only made it okay to be different, he celebrated difference.

As a teenager I spent a portion of my allowance every month on Vogue and Italian Vogue. I dreamed of cut and color and fashion. Bowie did not follow fashion. He led fashion with his singular style. While everyone else was in jeans and tie-die, Bowie wore a gold lame space suit. By the time disco caught up to the space suit, Bowie had transformed into the Thin White Duke. While Armani and Versace dressed a decade in black power suits, Bowie went big and deconstructed, bright and loud. He danced in canary yellow, to soundtrack of complex rhythms, potent lyrics, and Stevie Ray Vaughn's blues guitar.

David Bowie married music and fashion and MTV and I was a fan. When he married super model, Iman, my esteem for him rose even higher. Still guiding, he taught us all how to follow our hearts and our passions without compromise.
(Continued next page)



Sign of the Times

When I heard the news that Prince had passed my heart sank and I truly felt that my childhood had passed me by. If Bowie was a trailblazer for music and fashion, Prince was nexus. He turned and the universe turned with him.

Committed to his style aesthetic as much as he was to his music, Prince seemed custom made for the MTV. Meanwhile, radio struggled to format his early work. The record label sold him as R&B or funk. But his challenging lyrics, sophisticated rhythms, and innovative melodies we're STILL catching up to, (three decades removed) defied easy categorization. Songs like *Uptown* and *Controversy* were sermons of acceptance.

“White, Black, Puerto Rican, everybody just a-freakin” *Uptown*

Prince preached an acceptance gospel. Boys who danced, girls who shredded guitars—everyone was accepted in his temple. If the gender lines were blurred, and they were, the message of inclusion and acceptance no matter race, religion or sexual orientation was more important than social mores.

His style—high heels and paisley to leather and lace—was as bespoke as his music. The five-foot-two-inch genius was much too big for skinny jeans, T-shirts, and sneakers. He burst onto the scene in thigh-highs, high-heeled boots, and a trench coat. Just as the music world was recovering from his

lightning one-two punch and *Dirty Mind* persona, Prince returned in high-collared-ruffled shirts, Regency suits, and a superstar turn in *Purple Rain*. Like Bowie before him, Prince would reinvent himself repeatedly through out his career. Both men were too imaginative to live a single character past their fashion-due date.

And, both artists held deep respect for each other. Prince performed *Heroes*, in tribute to David Bowie during his Toronto concert, mere weeks before his own passing.

Sadly, Prince never found the lasting emotional connection Bowie did. Both brilliant stars burned too fast for our comfort but our skies were brighter for them both.



Gaye McClellan, RN President Elect



The Riverwalk Landing at Hotel Indigo

Recipe Corner



Pasta e Fagiole

One of *Shonna Macaulay's* Macaulay's Favorite Health Soup Recipes

This recipe is not only healthy, it is delicious! It makes just about enough for one week of lunches. I like to add extra lean ground beef or ground turkey.

Ingredients

2 tsp olive oil
1 small chopped onion
1 small chopped onion
2 minced garlic cloves
30oz chicken broth
1 15oz can diced tomatoes
1 15oz can of cannellini or white beans
½ cup ditalini or other small pasta
½ pound Swiss chard or spinach leaves coarsely chopped
¼ tsp salt

Warm oil in a large saucepan over medium heat. Add the onion and garlic. Cook, stirring occasionally, for 3 to 5 minutes or until the onion is soft.

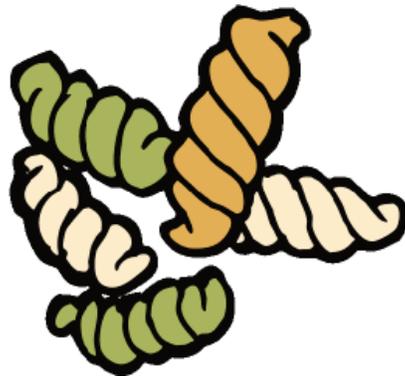
Add the broth, tomatoes, beans and pasta. Cook stirring occasionally, for 15 minutes, or until the pasta is cooked.

Add the Swiss chard and salt. Cook, stirring occasionally, for 2 to 3 minutes longer, or until the Swiss chard is wilted.

Top with Parmesan Cheese

Makes 6 servings

Per Serving: 157 cal, 10 g pro, 23 g carb, 2 g fat, 0 g sat. fat, 0 mg chol, 6 g fiber, 410 g sodium



Pasta Salad

Gaye McClellan sought a healthy pasta salad option. This recipe substitutes a tomato and vinaigrette tapenade for mayonnaise and adds feta and fresh basil for a big taste.

Ingredients

¼ Cup Olive oil
8oz Sun-dried tomatoes, rough chopped
¼ Cup Red wine vinegar
1TBS Capers, drained
2 garlic clove
Fresh-ground black pepper to taste

Combine in a blender or food processor to make a course dressing. Set aside.

(Continued next page)

1 Cup Fresh basil leaves, thinly sliced
1lb Multi-color Fusilli pasta
1 Large tomato, coarsely chopped
8oz Feta cheese, cubed or crumbled
½ Cup Sliced black olives
1 Cup Freshly grated Parmesan cheese

Cook pasta in large pot of boiling, well salted water until just tender. Drain.

Transfer to large bowl. Add dressing to hot pasta; toss to coat. Cool, (stirring occasionally) for 30-45 minutes. Add chopped fresh tomatoes, feta, and olives. Finally, cover with the Parmesan or Romano.
Can be made 6 hours ahead, just cover and chill, but bring to room temperature before serving.



Membership Memo

Happy Spring TMAA! Time just flies by way too quickly, and before you know it you forgot to do a task you intended on doing...like mailing in your 2016 membership application. It's not too late, but it could keep you from, "being in the

know," since you won't be getting the latest newsletter updates.

So stop what you are doing right now and fill out the application and send in your \$60.00 check. This is a bargain rate and it will get you a discounted seminar rate when the time comes, so well worth the money, investing in you and your profession.

Our current count is only 35 members, so spread the word and remind others to sign up now. Help me recruit other medical auditors to our organization. If you need help explaining TMAA, have them view the website at www.tmaa.info. All the information is there as well as pictures of its members.

There is no better place to find professional support, current knowledge and new friends...TMAA as that and much more to offer, just give us a chance to show you. An application is enclosed in this newsletter or can be found on the website too. If you need my help, just shoot me an email or phone call. I'd be happy to follow thru on any lead you may have.



**Debbie Braddock,
Membership Chair**



Texas Medical Auditors Association

Membership Application for _____ (year)

Tax ID: 752127331

~~1~~ ~~2~~ ~~3~~ ~~4~~ ~~5~~ ~~6~~ ~~7~~ ~~8~~ ~~9~~ ~~0~~ New Member Renewal

Name: _____

Street Address: _____

City, State, Zip: _____

Home Phone: (____) _____ Home Fax: (____) _____

E-Mail: _____

Job Title: _____

RN LVN Other: _____ List credentials: _____

Number of years in Medical Auditing: _____ Internal External

Employer: _____

Street Address: _____

City, State, Zip: _____

Phone: (____) _____ Fax: (____) _____

E-Mail: _____

_____ **Please do not publish my contact information in the membership directory or newsletter**

Committee Preference: *(Rate top three preferences for serving, #1 being the most preferred)*

____ Continuing Education ____ Newsletter ____ Standards and Bylaws

____ Historian ____ Nominations

____ Membership ____ Programs

Leadership/Organizational Skills: *(List positions held and/or qualities you possess)*

Annual Dues: \$60.00

(Dues received prior to March 1st will be included in the current year's membership directory)

Mail membership application and annual dues to:

TMAA - Membership Chairman
P.O. Box 541227
Houston, TX 77254

This application may be reproduced
Membership fees are non-transferable
Membership expires December 31st of each calendar year
Website address: www.TMAA.info

For Membership Chairperson Use

Date Received: ____/____/____ Amount: \$ _____ Check#: _____

Received by: _____ From: _____ Directory _____

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